

CHIP Approval Showcases Positive State-Federal Relations

Utah's Children's Health Insurance Program has been approved and will receive up to \$24 million in new funding from the federal Department of Health and Human Services.

"This approval of a state-designed program is a prime example of the nation's governors interacting with Congress to give states greater discretion to address social problems," said Gov. Leavitt. "We asked for more latitude with federal funding and programming. We pushed for more discretion and Congress agreed with us. Approval of Utah's CHIP brings us to an important crossroad in how state programs will evolve."

Utah's CHIP is a public/private partnership that provides coverage through several private managed care health plans. Further, state "matching" funding is from a self-supporting general assessment by Utah's hospitals. "That we were able to draw down the federal money with-

out any new state tax money is another example of creative government service," said the governor.

"CHIP is a real victory in Utah's effort to extend health insurance to our most critical resource—children," said the governor. "About 30,000 Utah kids will soon be eligible to receive services ranging from well child check-ups to inpatient hospitalization."

Utah's program is designed for uninsured children younger than 19, who don't qualify for Medicaid and who have income below 200 percent of the federal poverty level. The federal poverty level for a family of four is \$16,450. A key feature of Utah's CHIP is a focus on cost-effective preventive care. There is no charge for such preventive services.

The comprehensive benefit package is equivalent to that offered to state employees. Families between 100-150 percent of poverty will be required to pay small co payments for some services, but no premiums of enrollment fees will be charged. Families whose income is above 150 percent of poverty will also have co-payments for services, but they will be slightly higher than those families in the lower income group. The state will track a family's out-of-pocket costs to assure they do not exceed the CHIP statutory limit of no more than 5 percent of the family's income.

—Ross Martin, OED

*People, Things &
Stuff...*

**ETHNIC HEALTH
BROWN BAG**

The Office of Ethnic Health is starting a Brown Bag Seminar Series.

Once monthly a guest speaker will come to the Cannon Building and enlighten us on various issues. These seminars will be from noon until 1 p.m. Enjoy your lunch while learning more about ethnic health.

Issues that will be covered include Chinese Health, HIV and Women of Color, Hispanic Health, Native American Health, Pacific Islander Health, and many others.

We'll let you know the date and room for each speaker. Keep an eye out for our flyers. We look forward to seeing you at the seminars.

If you have any questions or comments regarding the Brown Bag Series, please feel free to call the Office of Ethnic Health; ask for Camille at 538-6360 or Melisa at 538-6305.

POLLUTION ADVISORIES

Hot, stagnant summer air has already led to several voluntary "no-drive" days along the Wasatch Front, particularly in Salt Lake County.

The Department of Environmental Quality sends out notifications to public information officers in state agencies whenever air quality is poor enough to warrant voluntary action.

Ross Martin, PIO for the UDOH, will forward such notices to division/office directors. Telecommuting policies are between employees and supervisors.

Other methods to reduce the airborne pollutants include carpooling, taking the bus, riding a bicycle, or even walking to work.

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World Cup and Weddings—French Style

By Rod Betit, executive director

Ross asked me to recap my recent trip to France, which as many of you already know, coincided with my daughter Heather's plan to be married in the Normandy area of France on June 20. I am happy to share that experience with you.

First, it might be of interest to note that Heather met Alex, now her husband, in France while she was an exchange student for six months. Alex then came to Salt Lake for six months in a similar exchange program. The rest is history as the story goes. Since the couple intend to live in the U.S., the idea for a wedding in France made a lot of sense as Alex has a very large family, and this would allow them to be part of the event in a personal way.

On June 10, Ellen and I left for Paris. Our children left on separate flights but we all landed within 45 minutes of each other at Charles DeGaulle airport outside of Paris. Seven-and-a-half hours after leaving Atlanta we touched down in Paris. Paris is eight hours ahead of Salt Lake City so we napped on the plane so we could hit the ground running.

Ellen made the arrangements for this trip. She started working out some of the details a full year in advance. Once we arrived it became very clear how astute she was in doing this. The Paris streets, hotels, restaurants, and transportation systems were awash with soccer fans from all over the world. The World Cup soccer tournament is a month-long event, held every four years and this year in France.

Soccer fans are generally a little more rowdy than other sports fans, and are known for saying just about anything to offend the host country and its team. I think it is just part of the mental strategy that goes into trying to be the World Cup Champion. (You get bragging rights for the next four years.)

Initially, it was clear that many Parisians thought the whole World Cup thing was a bloody nuisance. You see, it's not their favorite sport; Tour de France and tennis prevail. However, as France's team won and moved up the

bracket, their interest heightened and the country spilled over with soccer fever. In this strongly competitive environment, I am told it was not at all difficult to pose as a German and say something offensive about the French team at a local pub, and have the whole place in an uproar. I did not do this mind you—I just heard it was done by others with less self control than me!

We spent the first few days in Paris doing all the tourist things which included the Eiffel Tower and enjoying the fine French cuisine while resting up for the final dash to the wedding. On June 14 we left Paris by rental car and headed to what would be our wedding command center for the next week in a little village in the Normandy area called Orgeville (no jokes please). My mother-in-law, who accompanied us and really was a lot of fun to have along, had her picture taken next to the town's sign to use for God knows what evil purpose. My father-in-law feigned a flare-up of an old war injury and stayed home. We rented a very nice house which could comfortably sleep eight for about \$350 for the week. It was a great deal and not all that uncommon if you know how to find them. I would heartily recommend that option for anyone seriously considering a trip to France and who wants to see more than Paris.

Several friends from Salt Lake rendezvoused with us in Orgeville which added to the fun and festivity. It was really terrific to be able to share this experience with people who you will know a lifetime.

It was also about this time that my mother-in-law figured out that she always won at the cash machines. It never failed, every time she put in her credit card out poured more cash (actually francs). It was then that I called my father-in-law and gave him the cheerful news that given the eight-hour time difference, he should be on notice that his sleeping cycles coincided with her spending cycles. I am told he did not sleep well the rest of the time we were gone!

From Orgeville we were in easy striking distance of the Normandy Coast, Mont St. Michel, and a lot of other neat towns along the coast which brought forth spectacular views, rich history and

great food. And, of course, wine was everywhere. We were fortunate to spend the night on the island of Mont St. Michel which is an old fortress off the coast of France complete with a massive church built of rock on top of a rock outcropping. This was amazing to experience and highly recommended as a must see if you get to France.

Next, we gathered back in Orgeville to get serious about the wedding. I rented a tux and the women got busy with all the myriad details around the ceremony. Heather, of course, gave orders to everyone which we all took in good spirits.

Then came the day of the wedding. The next 36 hours would prove to be a marathon of activity. We started at 11 a.m. with wedding pictures in Claude Monet's Garden. Now that was a special treat. Monet is a famous impressionist painter who died in 1926. Only certain photographers are privileged to use Monet's famous garden for weddings. Alex's family happened to know someone who knew such a photographer, so we were in! What a breathtaking experience. The photographer took pictures everywhere—in Monet's house, throughout the garden, and on the famous bridge. She really knew her stuff.

The wedding came off without a hitch. Immediately after the wedding everyone reconvened at a nearby chateau for the famous all-night French wedding celebration. Food, fun, dancing, and friends made for quite a send off for the newlyweds. Although we were all exhausted, eight hours later we were gathered again at a post-wedding luncheon with Alex's extended family.

We next journeyed to the south of France and thoroughly enjoyed the Provence area with its incredible pottery and linens. Ellen decided she needed just a few more things to carry home although we were all struggling to carry what we already had. We had a rocky start to our southern train ride. With bomb threats in the train stations it was a real fiasco trying to get to our train on time. Resting a few days in the sun was surely great after all the rushing around.

After a final two days in Paris, which included celebrating France's semi-finals win in the World Cup on the Champs Elysses, we returned to the states with many fond memories and a determination to return someday and learn more about France. And should anyone ever say to us again that the French don't like Americans or are rude, we certainly have a much different story to tell. We found everyone went out of their way to help us.

HEALTH NOTES INFORMATION

Health Notes is a monthly publication for employees of the Utah Department of Health, published by the Utah Department of Health, Rod Betit, executive director.

Articles may be submitted to: Health Notes, Box 144102, Salt Lake City, UT 84114-4102. The Health Notes office is in EDO.

Please contact Ross Martin, public information officer, (538-6339) with questions, comments or articles for publication.

Healthy Utah Screening

Do you know if you have high Blood Pressure or Cholesterol? If not, you may want to attend the Healthy Utah Testing Session and find out.

Healthy Utah is free to State Employees and their spouses who have PEHP and Pacificare (FHP) insurance.

Come receive personalized and private information about your blood pressure, cholesterol, height, weight, and body composition in an hour-long appointment.

PEHP subscribers are eligible to sign up for rebates and everyone gets a Healthy Utah T-shirt.

Here is the upcoming Healthy Utah Testing Session in your area. For the best customer service, please call 538-6261 if you are interested in the following session.

Date: August, 11th
Place: Natural Resources (1594 W. North Temple, SLC)
Room: 1040A/1050 B
Time: 9-11:30 a.m. and 1-4 p.m.

Don't delay, this date is just around the corner so call 538-6261 today to make an appointment (you have to have an appointment to come to the session).

Check out our web page at (www.healthyutah.org)

—Healthy Utah

HMO Telephone Survey

If you are enrolled in a health maintenance organization—HMO—you may be surveyed by telephone for the 1998 HMO Enrollee Satisfaction Survey.

The Utah Department of Health is conducting this third annual survey between June and August of this year. More than 7,000 Utahns, randomly selected from HMO enrollment files, will be contacted by telephone and asked questions about the quality of service and medical care they received from their health plan.

The survey will be conducted by DataStat, Inc., an independent survey agency located in Ann Arbor,

Michigan. Participation is voluntary. Those responding to the survey are anonymous and each individual's response is confidential.

Both commercially-insured and Medicaid enrollees of Utah's major managed care plans will be called. The plans are: Intermountain Health Care, Intergruop of Utah, Regence Blue Cross Blue Shield of Utah, United Health Care of Utah, Cigna Health Care of Utah, American Family Care, University Health Network, and PacifiCare of Utah.

The findings from this survey will help Utah's managed care health plans and Utah's Medicaid program evaluate the effectiveness of care provided to their clients. The sum-

mary results of the survey will be published in a comparative consumer guide to help Utahns make health plan choices. Employers purchasing health plan coverage for their employees can use this information to make informed purchasing decisions.

Last years survey results, published in two booklets: "Utah Commercial HMOs: A Guide for Consumers" and "Utah Medicaid HMOs: A Guide for Consumers" are available by calling the Office of Health Data Analysis, Utah Department of Health at (801) 538-7048 or on the Internet: (<http://hlunix.hl.state.ut.us/hda>) in the Consumer Publications section.

—Denise Love, Health Data

THE HEALTH NOTES CALENDAR

Please submit all calendar items to Ross Martin, EDO

HEALTHY UTAH: Are you extremely busy, but still care about your health? If so, become a member of Healthy Utah and participate in Testings, Wellness Connections, Personalized Health Sessions and other health-related activities. To sign up or ask questions call, 538-6261.

UTAH CANCER CONTROL PROGRAM: For information on when, where, and how much cancer screening tests and clinics will be, please call 1-800-717-1811.

HEALTH NOTES AUGUST ISSUE DEADLINE: Aug. 11, 5 p.m. Anyone may submit articles and/or letters to Ross Martin or Kathryn Draper. Information: 538-6339.

CHILD ABUSE AND DOMESTIC VIOLENCE CONFERENCE: "Preserving the Innocence of Children." Aug. 4-5, Weber State University, Ogden. Information: 393-3366.

FIFTH ANNUAL WESTERN SUMMIT ON INDIAN HEALTH CARE: "Emerging Issues and Promising Options: Indian Health as a Tribal/State Partnership." Aug. 24 26, Salt Lake Hilton. Sponsored by UDOH, Henry J. Kaiser Family Foundation, and Western Governors' Association. Information: Judy Edwards, 538-9432.

SECOND NATIONAL CONFERENCE ON SHAKEN BABY SYNDROME: Sept. 13-15, Salt Lake City. Sponsored by the Child Abuse Prevention Center and Primary Children's Medical Center. Information: Dawn Fitzpatrick, 801-393-3366.

GOVERNOR'S WORKSITE HEALTH PROMOTION CONFERENCE: Oct. 14-15. Sponsored by Governor's Council on Health and Physical Fitness. Information: Lynne Nilson, 538-6256.

New Bureau Name

The Bureau of Environmental Services became the Bureau of Food Safety and Environmental Health effective July 10.

This is a positive move for the bureau and the Department. The new name better communicates the bureau's functions than did the old name.

The bureau's three main programs are food protection, swimming pool sanitation and safety, and the Utah Indoor Clean Air Act. It also maintains and implements a number of other sanitation-related rules.

Hopefully, the change will cut down on the high number of service requests that are more environmental protection in nature. We spend a lot of time documenting those requests and forwarding them to the Department of Environmental Quality or to local health departments. The new name also supports the Division of Epidemiology and Laboratory Services' ongoing effort to emphasize food safety as a public health priority.

As part of this change, the two bureau programs will be: the Food Protection Program, managed by Bill Emminger, and the General Sanitation and Safety Program, managed by Ron Ivie.

—Richard Clark, ELS

Utah Goes To War Against Stomach Ulcers

The Utah Department of Health is campaigning to educate physicians and citizens about ulcers. "Too many people still haven't heard that ulcers are usually caused by bacteria," said Rod Betit, executive director, UDOH. "These bacteria must be eradicated to cure the ulcer. Antacids only relieve symptoms."

The specific "bug" is *Helicobacter pylori*. Nearly all patients with ulcers are infected with *H. pylori*. About 500,000 new cases of peptic ulcer disease are diagnosed each year in the United States. However, since PUD is a chronic condition it actually sickens about four million people

annually.

Eradication of *H. pylori* results in very low ulcer recurrence rates. *H. pylori* is most common among recent immigrants, lower socioeconomic groups, and the elderly. In fact, in people older than 60 the prevalence of infection can be as high as 60 percent.

Ulcers are very expensive. In 1997 Utah Medicaid paid about \$2,800,000 for ulcer drugs. That's about six percent of Utah's Medicaid drug budget. Other costs include lost productivity, reoccurring physician visits, and in extreme cases, surgery.

In 1996, the American College of Gastroenterology concluded that the cure of *H. pylori* infection decreases ulcer recurrence and facilitates healing and that antibiotic therapy is indicated for all *H. pylori*-infected patients. "Lower ulcer recurrence rates could be expected to reduce health care costs for Utah and save thousands of people from needless suffering," said Rod.

The Utah anti-ulcer campaign is a joint effort between the Utah Medical Association, the University of Utah School of Pharmacy, the Utah Department of Health, and Proctor & Gamble Pharmaceuticals. An education program involving letters sent to Utah Medicaid physicians and pharmacists began earlier this month. The project is supported by a \$7,500 grant from Proctor & Gamble.

—Duane Parke, HCF

Breastfeeding Week

Every time you breastfeed, you invest in the health of your child. This means less time and money spent on medicines and doctors—and less worries for you.

"Breastfeeding: The Best Investment" is the theme of this year's World Breastfeeding Week, Aug. 1-7. This event helps focus attention on breastfeeding, the recommended method of infant feeding through the first year of life.

Breastfed children have significantly higher scores on measures of cognitive ability, standardized tests

of achievement and receive better grades in school.

Breastfeeding protects infants and children against common childhood gastro-intestinal, upper respiratory, and ear infections. It also offers protection against certain childhood diseases such as diabetes, Crohn's disease, ulcerative colitis, lymphoma, and allergies.

Women who have breastfed have improved bone remineralization and a decrease in the incidence of osteoporosis.

The Utah WIC Program offers breastfeeding counseling, an enhanced food package for breastfeeding women, breast pumps and supplies, outreach and referrals, and general information. Please contact your local WIC clinic or call the state office at 1-800-662-3638.

On Aug. 13, the Utah Coalition to Promote Breastfeeding and the UDOH are co sponsoring a discussion on "Breastfeeding—the Best Investment." For more information call 1-800-662-3638.

—Jan Heins, CFHS

People, Things & Stuff...

CANNON SECURITY PLAN

The final phase of the Cannon Health Building security plan will begin in mid-August.

ID badges will be made and distributed by Human Resources. Training sessions will be conducted during late August through mid-September.

The reconfiguration and plan is designed to protect both equipment and people in the building.

There have been several recent instances involving intruders at the Cannon Building. Please report anything out of the ordinary to the duty officer at 538-6150 or the Employee Services Office. During off hours, problems in the building, including unlocked doors should be reported to Capitol Security, 538-1111.

If you have any questions, please contact Mary Kathryn LaFollette at 538-6003, or Kim Wixon at 538-6109.